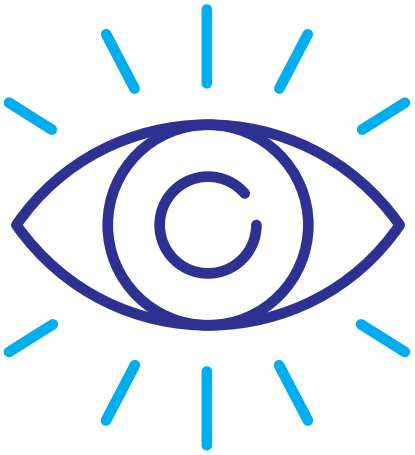
Lutein for Vision



Lutein helps to build macular pigment density, a critical factor in the health of the macula and retina in relation to the clarity of the lens. It can be found in the eye as pigments in the macula and retina.

THE ART OF THE PERCEIVING EYE

01
Light waves from an object enter the eye through the cornea.

02
Light is then filtered through to the pupil.

03
The light continues through the lens.

04
Light waves are bent or converged by the lens and cornea, then reversed and inverted just behind the lens surface.

05
Light waves then pass through the vitreous humor.

06
In the retina, light waves transform into electrical signals and travel through the optic nerve to the occipital cortex in the back of the brain.

FACT: Lutein also acts as a filter of blue-light to protect the photoreceptor cells of the retina from light damage. It is naturally found in many fruits and vegetables.

The Eye Defined

CORNEA
Located behind the surface of the lens that helps your eye to focus when light enters.

IRIS
The colored portion of the eye that controls the pupil.

PUPIL
Black circular opening in the center of the iris that regulates the amount of light that enters the eye.

LENS
the lens is made up of transparent proteins called crystallins, located behind the iris and pupil.

RETINA
Consists of many photoreceptor cells, which contain a particular protein molecule called an opsin. In humans.

MACULAA
Small, yellowish spot located in the middle of the retina that is responsible for the detail of vision by providing visual sharpness and color perception.

OPSINS
Divided into rod and cone types, Opsins absorb photons and transmit signals through a transduction pathway to cells.